

National Nutrition Month 2021

Personalize Your Plate

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Every March we celebrate National Nutrition Month, which serves to remind us that healthful eating is for everyone! This year's theme encourages us to "Personalize Your Plate" which inspires us to eat a variety of nutritious foods every day. Whether you're preparing food at home or purchasing take-out, you can make your choices work for you. Use Huntington Hospital's "Healthy Plate" as a guide for your next meal.

Healthy Plate Examples:

- Chicken, quinoa and green beans and carrots
- Fish tacos with corn tortillas, cabbage and salsa
- Black beans, brown rice and grilled vegetables
- Black-eyed peas, yams and collard greens

We understand that there is no one-size-fits-all approach to health. That's why our Registered Dietitians are here to help you meet your 2021 health goals. To make a telehealth nutrition appointment at Huntington Hospital, visit www.huntingtonhospital.com/nutritioncounseling for more information.

